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A NEVV TREATISE OF THE PESTILENCE,

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containing the Causes, Signes, *Preseruatiues and Cure* thereof.

The like not before this time pubiſhed.

And therefore neceſſarie for all manner of perſons, in this time of contagion.

S. H. Studious in Phiſicke.

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BRITISH

A TREATISE OF the Pestilence.

HAuing an intent to write certaine Precautions and preseruations against the pestilence, I thinke not necessarie to be ouer tedious or so precise as those that write exquisitly and perfectly of the same disease: onely I am determined to set downe such things as shall be necessary for to be knowne by those which in this case shall haue need.

And first, I will make a true description of the pestilence, what it is. Secondly, the causes, then the Signes, and lastly precautions, and remedies against the same.

The pestilence is nothing else then a rotten or pestilent feuer, which being ingendred by a rotten and corrupt ayre by a hidden and secret propertie which it hath, doth kill and destroy mortal creatures. The causes are said to be foure fold, as the first & chiefest cause is supernaturall, as being immediately sent from God for the punishment of sinne and disobedience of mankind, as doth appeare in Deut. 28. 15. If thou wilt not obey the voice of the Lord thy God to Definition.

keepe and to doe all his commandements and his ordinances which I command thee this day: then all these curses shall come vpon thee, and ouertake thee. Cursed shalt thou be in the towne, and cursed in the field, &c. The Lord shal make the pestilence cleaue vnto thee vntill he haue consumed thee from the Land which thou goest to possesse, &c. Moreouer we reade that the sinne of Dauid was the cause that the Lord sent his Angell which did kill with the pestilence in a small time threescore and ten thousand soules.

Now this may be proofe sufficient that sinne is the originall and chiefe cause of this most cruell disease of the pestilence.

2. The second cause is attributed to an euill constellation which Astronomers affirme to proceede by the placing of the Sunne, Moone, and Starrs, being in the firmament or circles of the heauens by their coniunctions, oppositions, and other Aspects the one to the other.

3. The third cause is attributed to the corruption of the ayre, which being corrupted is apt for infection of mans body, for all liuing creatures draw their breath from the ayre that is round about them, which if it be stinking, venomous, and corrupt, the bodie of man liuing therein is in danger to be corrupted: whereby often times the pestilence is ingendred.

4. The fourth cause is the aptnesse of the body of man, through corrupt and rotten humours fitte to receiue the effects of a venomous ayre, putrifying and corrupting the body whereby the pestilence is ingendred. And this aptnesse to infection proceedeth by the abuse of the six things which are called by

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the Phisitions not naturall, which are

1. Ayre.
2. Meate and drinke.
3. Sleepe, and watch.
4. Exercise, and rest.
5. Emptinesse, and repletion.
6. The perturbations and affections of the minde.

Now as the true vse of these things that are called not naturall doth maintaine and cherish health, so the abuse thereof is the occasion of disease & sickenesse. For which cause I counsell all manner of persons in this time of contagion to flie surfeting, gurmandizing, and other vnseasonable banketings, whereby the health of the body is at all times impayred, for who knoweth not that great and often feeding breedeth crudities, and rawe watrish humours in the body (which crudities is a fitte sediment or subiect for the venomous and corrupt ayre to worke on. For which cause the learned Phisitions as well Auncient as moderne giue counsell that in the time of pestilence and contagion, those bodies that are humid and moyst, must bee by all manner of meanes made drie, and those that are dry to be kept and preserued in their drinesse: for by obseruation it is very well knowne that the Phlegmaticke and sanguine body is sooner subiect to infection then the Cholozicke or Melancholicke, and experience doth dayly teach vs when for the most part women, children, and men of yoong yeares are those that die in this disease of the pestilence as

those bodies that are hot and moyst and thereby fittest to receiue putrifaction.

But forasmuch as I promised in the beginning not to be ouer-tedious as those that make a long discourse, I purpose to proceede briefly vnto the signes whereby a man may know and perceiue when the contagion hath taken hold of him, and thereby run speedily vnto such meanes & helps, as by the rules of Physicke shall be to him described.

Signes. The signes to know when the body is infected, are for the most part an Apostum or tumor about the eare, necke, vnder the armeholes, or flanckes, with a feuer, and sometimes there ariseth in some other parts of the body, a darke greene or euill coloured sore. These signes for the most part doth appeare but not alwaies. But for the more certainty, we must consider these symtomes or signes that follow, there happeneth after infection a great pricking, and shooting in the body and especially in the necke armeholes and flanckes, also extreame heate within the body, and in the handes, knees, and feete very cold so that there is ioyned with the same a shiuering as in a feuer: also their is heauines of the head, dryenesse of the mouth, with extreame thirst; also a drowsinesse and great desire to sleepe: some againe are so watchfull that they cannot sleepe, so that they raue as thought they were in a phrensie: there happeneth also great paine in the head, faintnesse sluggishnesse, weakenesse of the lirnnee, pensiuenesse, no desire of meat with often vomiting, the matter being bitter & of diuers colours, the vrine troubled, thicke and stinking & for the most part without residence.

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These are the principall signes of infection & yet not certaine, for sometimes a man may be infected and yet none of these signes apparant. And in like maner a man may haue these signes, and yet free from infection. Some Phisitions are of opinion that there is scarsely any disease where the Pestilence raigneth, but that it is either of the nature of the pestilence or apt to be turned into the same.

And thus much shall suffice as concerning signes of the infection with the pestilence: we will now proceed to the preseruatiues and cure.

Of the cure of the Pestilence.

AS I haue already declared that there is a fourefolde cause of this cruell disease of the pestilence: so also there is a fourefold meanes to cure the same. Cure.

The first consisteth in euacuation and mundification of the body. 1.

The second, in a due obseruation of diet. 2.

The third, in comforting and strengthning of the principall members; which are the hart, the liuer, and the braine, with alleueration of the potentiall and operatiue powers. 3.

The fourth, in giuing and administring of Antidots, Alexipharmacon, and other preseruatiues against venomous and contagious ayres, with the office of the Chirurgian, for Phlebotomy, bloud letting, maturation, extraction, and healing of Carbuncles. 4.

For preseruatiue against the Pestilence they must

be such as haue faculty of resisting putrifaction, and euen presently from the beginning those bodies (as I haue before said) which are humid & moyst, must be by all possible meanes that may be made dry, and those that are dry must be kept & preserued. But in those bodies that doe abound with corrupt, rotten, & hurtfull humours: it shall be needefull for them before infection, to vse purgation and bloud letting by aduice of the skilfull and learned Phisition.

And whereas the Phisition in other feuers are accustomed to vse a longer processe: that is to say, by preparing the body, by digesting of humours offending, and last of all by euacuation and purging out of the same: in this cruell disease which will not ad pacis conditiones descendere, that is, indure no dalyance or delay, we must flie forthwith vnto the cure and remedies for the same.

And for because it seldome happeth that persons which are infected with the pestilence, are visited with the Phisitiō, or Chirurgiō whereby many wāt cure & remedie which liue & recouer, I am therefore determined by Gods assistance to set downe such meanes and remedies as shall be profitable to all those that shall haue neede to vse the same.

And first of all for preseruatiue before the body be infected may be vsed this following.

Take Oxysaccharum.
Syrupe of Sorrell.
Oxymel Symplex, of either of them halfe an ounce.
Waters of Endiue, Scabios, Carduus benedictus, of either one ounce.

Let

Let all these be mixt togither and taken in the morning fasting, and so continue it euery other day day during the time of the Pestilence.

Pils for the resisting of the Pestilence.

Take Aloes elect one ounce.
Myrrhe.
Safferne of either ii. Dragms.
Agarick prepared.
Rhubarbe, elect of either so much.
Camphere, 1. Dragme, and 2. Scruples.
Red and yellow Saunders.
Red Roses.
Red Corrall of either 1. Dragme.
Dictamni.
Gentian roote.
Zedoarie.
Tormentil of either 4. Scruples.

Let all these be made into a masse with the Syrupe called Acetositatis citri, as much as shall be sufficient, and when any will vse thereof, let him take the weight of one scruple made into a pil in the euening, when he entreth into his bed, & so let him continue euery day during the time of the Pestilence, if you giue thereof to children halfe a scruple shall suffice. these pils haue a wonderfull propertie in resisting venome, and in euacuating of rotten and corrupt humours with strengthning and confirming of the principall members.

An other preseruatiue against the Pestilence.

Take Of Andromachas treacle } of either 1. dram.
Of the best Mithradate, }
Suger roset.
Saccharie boraginati,
Sacchari bugloſſati,
Of the citren rinde condite.
Of either of them one ounce and a halfe.
Electuari de gemmis 10. drams.
Diarhodon Abbatis.
Diatrion santuli of either 1. ounce.

Myre altogether with the Sirup of the rinde of Citrens as much as shall suffice, and take of the same Electuarie euery day, or euery other day the quantitie of a Chest nutte in the morning foure houres before dinner. And for as much as euery man can not be at so great a charge as to attaine these former things prescribed, they may vse euery morning fasting one scruple of the pils called Pilulæ Ruffi which doth excellently resist putrifaction, or they may vse euery morning vpon the point of a knife Theriaca Diatessaron which also is a preseruatiue against the Pestilence.

They may also take one ounce of London treacle, with the powder of Carduus Benedictus, and the roote of Angelica of either of them halfe a dramme, and mixe them together, and thereof take euery

euery morning fasting vppon the point of a knife often times in the day. I omit to speake of the Vnicornes Horne, and Bezars stone, because their value is so great, and the graine held at so deare a rate: onely I aduise euery man that will seeke the preseruation of his owne health, to keepe their houses sweete, and cleane, bring in their common roomes not onely fiers in the chimneyes, but also in earthen pans, with perfumes and sweete vapours, which be not onely pleasant to the senses, but also haue propertie to cleanse and purifie the ayre, such as is Rose vineger, red Rose water, lignum Aloes, Olibanum, Benjamin, Storax Calamint, Iuniper Buris, with the wood and such like. Besides, to be carefull not to be much out of their owne doores before the Sunne haue beene vp for two houres space, or after it is set and gone downe. And thus much briefely by way of precaution and preseruatiue before infection. Now it resteth to describe the cure of the Pestilence after infection according to the practise and cures of Physicke.

Of the cure of the Pestilence.

WE haue already set downe in briefe manner precautions and preseruatiues against the Pestilence. Now if it happen any man to be infected, let him presently with all the speed that possible may be, take two drams of this powder following in halfe a draught of good white wine.

Take Tormentil,
Dictamni,
Zedoari,
The roote of Gentian,
Of the roote Carlinæ,
Of the roote Verbascus, dried in the shade
and powdered of either 1. dragme.
} of either 1. dram.

Make all these into fine powder and as soone as it may be, let the patient that is infected take 2. dragmes in halfe a draught of good white wine, then let him goe into his bed & be covered warme with cloathes that he may sweate thoughly. And to the entent he may sweate the sooner, you may put into the bed earthen bottles filled with hot water, and so let him sweate for the space of two or three houres keeping him from sleepe and drinke, all that while. In like manner this powder may be vsed.

Take the roots of Pimpinella.
Of Tormentil,
Of Cinamon, of either 1. ounce.
Lignum aloes,
Greeke mynts, of either 2. ounces.
Iuniper berries,
Narde seede, of either so much.

Make all into fine powder and mixe 2. drams thereof with Andromachus treacle, and of choyse Mithradat of either halfe an ounce, with halfe an ounce of Sirup de ribes: and give thereof at one time a dragme or better & so provoke him to sweat as

as aforesaid, if you adde to euery dragme or dos. 6. graynes of Bezars stone, you shal see a marualous effect for it resisteth the Pestilence and all maner of benome.

An other electuarie to be taken after infection.

Take Bolearmonick washed in red rose water.
Two Dragmes.
Terræ Sigillatæ.
Red Coral, of either 1. dragme.
Of the Citren rinde,
Zedoaria,
Safferne, of either halfen a dragme.
Suger rosat, of red roses, 6. ounces.
Syrupus acetositatis citri, 10. ounces.

Let all be made into fine powder, and make an electuarie of this electuarie, the patient shall take one dram, and of Andromachas treacle so much, and mixe them together and receiue all presently at one dose, and drinke presently after a draught of Scabios water or sorrell water with a little of vineger of roses, or take the foresaid treacle and electuarie and mixe it with the water and so drinke it, presently prouoking sweate as aforesaid.

And thus much I thinke to be sufficient at this time, as concerning this cruell disease of the Pestilence, I know much more may be written, but for as much as I promised to auoyde prolixitie, I will end onely with aduice vnto such Chirurgions as shall be called, or shall aduenture themselues to

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the cure of this so daungerous a sickenesse.

The chefe matter belonging to the Chirurgian is blood letting, extraction, and maturation of Carbuncles and Apostumes, as for blood-letting, let not the Chirurgian draw so much foorth as may be an occasion of fainting, or sowning to the patient, but let him draw foorth blood by degrees, and iterate the same, as if the patient bleed in the morning 5. ounces, he may bleed at three of the clocke in the afternoone, 3. ounces more, and so againe the next morning if neede shall require.

And this is to be noted, that this blood letting is to be bled at the beginning of infection and not otherwise; prouided alwaies that there with some one or other of this Antidotes or electuaries before declared be vsed.

And whereas I haue obserued that the patient infected with this disease hauing abscessus tumor or Carbuncle arising either in the groyne, Armeholes or vnder the eares, or in some emunctuarie or clensing place of the body weyting the suppuration and ripening of the same either by nature, or medicine, they haue died, which if the Chirurgian would either by extirpation, or incision, with present application of some ripening and attractiue plaster, nature would thereby be eased & the venomous and corrupt vapours by nature expelled, for nature being weake, and not able to expell the venome fast enough, if by insensible transpiration, the venome returneth backe to the hart, and so presently destroyeth nature. But if the Chirurgian or the patient himselfe doe follow my aduise, he shall presently

ſtudy either with inciſion, knife, or other inſtrument remoue that tumor where nature may haue way made to expell that venomous and corrupt matter which is noyſome vnto it.

And thus by the grace of God and his bleſſing, whoſoeuer ſhall follow the foreſaid precepts, and rules, ſhall preſerue both himſelfe and his familie from the Peſtilence. And I beſeech the Almightie to hold his holy hand ouer this Realme of England which by ſinne hath deſerued farre greater puniſhments.

FINIS.